



UCCOOK

Saucy Indonesian Peanut Salad

with radish rounds, roasted sweet potato & fresh cucumber

A veggie feast! Paneer cheese, green cabbage, cucumber, peas, radish, and roasted sweet potato make up this mouthwatering Indonesian salad! It is drizzled with a divine peanut butter sauce loaded with garlic, soy sauce, and Sambal Oelek.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
1	Garlic Clove
100g	Paneer Cheese <i>drained & cut into 1cm cubes</i>
50g	Peas
100g	Cabbage <i>thinly sliced</i>
1	Lemon <i>½ zested & cut into wedges</i>
15ml	Peanut Butter
22,5ml	Salad Dressing <i>(15ml Low Sodium Soy Sauce & 7,5ml Sambal Oelek)</i>
50g	Cucumber <i>sliced into matchsticks</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)

1. LET'S GET ROASTIN' Preheat the oven to 200°C. Spread out the sweet potato chunks and the whole, unpeeled garlic clove on a roasting tray. Coat in oil, and season. Roast in the hot oven for 25-30 minutes, shifting halfway. Place the paneer cubes on a separate roasting tray. Coat in oil, season, and set aside.

2. OPTIONAL EGG Bring a small pot of water to the boil for the egg. When the water is boiling, cook the egg for 6-8 minutes for medium, and 8-10 minutes for medium-hard. Drain on completion and submerge in cold water to stop the cooking process. Peel when cool enough to handle. Slice in half before serving.

3. SAY "PANEER"! Boil the kettle. When the sweet potatoes have 5-10 minutes remaining, turn the oven on to the grill setting or the highest temperature. Pop the tray of paneer into the hot oven and grill for the remaining time until the paneer is starting to brown and the sweet potatoes are cooked through.

4. PEAS & CABBAGE Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion. In a separate bowl, toss the sliced cabbage with the lemon zest and a drizzle of oil until fully coated.

5. A LIL BIT SAUCY When the roast is done, remove the garlic clove from the tray and place on a chopping board. Carefully squeeze out the flesh and roughly chop. Place in a bowl along with the juice of 1 lemon wedge, the peanut butter, the salad dressing, and 10ml of water. Mix until fully combined.

6. THE SALAD OF DREAMS! Plate the dressed cabbage, the plump peas, the roasted sweet potato chunks, the roasted paneer, the cucumber matchsticks, and the radish rounds. Drizzle over the peanut sauce and serve with any remaining lemon wedges. Dive in, Chef!

Nutritional Information

Per 100g

Energy	458kJ
Energy	117kcal
Protein	6g
Carbs	10g
of which sugars	3.7g
Fibre	2.2g
Fat	4.8g
of which saturated	2.8g
Sodium	178mg

Allergens

Gluten, Dairy, Allium, Peanuts, Wheat, Soy

Cook
within 3
Days